

What's on in May?

Drop-in area: All welcome pop in for a chat and cuppa

Monday Thursday 10:00 - 16:00 Friday 10:00 - 14:00

Main Hall:

Monday:

Morning -

Afternoon - Weekly Word/Board/Card Games 13:00 -16:00 all welcome.

Evening -The Chloe Aiken School of Dance Tartan tots (2-3years) 16:30 -17:00. Beginners Highland (4-7 years) 17:00 -18:00 for more information contact 07435215898.

Tuesday:

Morning - Weekly Gentle Movement 11:00 -12:00 max 8 by referral.

Afternoon – Café area ...Beginners knitting and crochet class 13:00 to 15:00.

Afternoon – Main Hall ...Weekly Rothesay Bridge Club 14:00 -17:00 members only.

Evening - Weekly Pilates 17:30 -18:30 Class full.

Wednesday:

Morning –

Afternoon - 13:30 - 14:30 Sing - along weekly all welcome

Evening – Fatburn Extreme 18:30 – 19:00. Class full.

Thursday:

Morning - Chair yoga 11:30 -12:30 cost £3.00 or donation. All welcome. No class 25th May

Afternoon - Weekly Writers Group 13:15 -15:00 All welcome No meeting 25th May.

Thursday 25th May Pain and Wellbeing Roadshow 12:00 - 16:00.

Come along and hear about activities in your area that could help you manage your pain and improve your wellbeing.

Evening - Weekly Rothesay Bridge Club 18:45 - 21:45 members only

Friday Morning Uke 10:00 -13:00.

10:00 -12:30 hot filled rolls (bacon & sausage) available donations gratefully received.

Friday evening - The Chloe Aiken School of Dance Senior highland (8 years +) 17:30-18:30 for more information contact 07435215898.